



Spinach-Stuffed Chicken Breasts

READY IN



65 min.

SERVINGS



4

CALORIES



299 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 teaspoon garlic cloves minced
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.3 cup italian-seasoned breadcrumbs
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 cup leek thinly sliced (1 large)
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon oregano dried

- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 3 ounces bottled roasted bell peppers red divided ()
- ☐ 20 ounces chicken breasts boneless skinless trimmed
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped

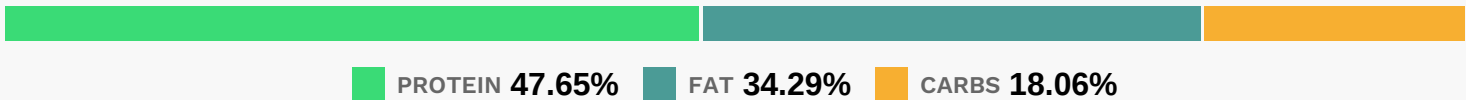
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Heat olive oil in a medium skillet over medium heat.
- ☐ Add leek, garlic, oregano, salt, crushed red pepper, and black pepper; cook and stir until leek is soft (about 5 minutes).
- ☐ Remove from heat and add the spinach, stirring to combine; set spinach mixture aside.
- ☐ Cut the chicken breasts in half horizontally using a sharp knife.
- ☐ Place bottom halves of breasts in a 9- x 9-inch baking dish, setting top halves aside. Divide spinach filling evenly among breasts; top each portion with one-fourth of roasted red peppers, and replace the top halves of breasts.
- ☐ Brush the top half of each chicken breast with melted butter; sprinkle with breadcrumbs, and spray lightly with cooking spray.
- ☐ Add wine to baking dish (avoiding the breadcrumbs), and bake for 40 minutes or until the chicken is completely cooked.
- ☐ Remove chicken from oven; let rest for 5 minutes before serving. To serve, cut each breast into 3 or 4 slices on the diagonal to expose the stuffing, or simply leave each portion whole.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:1.02, Inflammation Score:-10, Nutrition Score:32.804347678371%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 298.89kcal (14.94%), Fat: 10.99g (16.91%), Saturated Fat: 3.25g (20.29%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 9.76g (3.55%), Sugar: 1.93g (2.15%), Cholesterol: 98.32mg (32.77%), Sodium: 1074.21mg (46.7%), Alcohol: 1.54g (100%), Alcohol %: 0.68% (100%), Protein: 34.36g (68.73%), Vitamin K: 282.05µg (268.62%), Vitamin A: 8978.32IU (179.57%), Vitamin B3: 15.86mg (79.31%), Selenium: 51.95µg (74.21%), Vitamin B6: 1.31mg (65.42%), Manganese: 0.79mg (39.44%), Phosphorus: 363.24mg (36.32%), Folate: 135.92µg (33.98%), Magnesium: 104.77mg (26.19%), Potassium: 879.15mg (25.12%), Vitamin C: 18.6mg (22.54%), Vitamin B5: 2.19mg (21.92%), Vitamin E: 3.23mg (21.52%), Vitamin B2: 0.35mg (20.68%), Iron: 3.07mg (17.04%), Vitamin B1: 0.25mg (16.76%), Calcium: 142.54mg (14.25%), Fiber: 3.26g (13.04%), Copper: 0.22mg (10.99%), Zinc: 1.44mg (9.57%), Vitamin B12: 0.32µg (5.26%)